
Student name: _____

- 1) Which of the following statements is true?
- A) Nutrients are life-sustaining phytochemicals in food.
 - B) In the United States, poor eating habits contribute to some of the ten leading causes of death.
 - C) A person's diet is influenced by his or her blood type and birth order.
 - D) Most people are born with the ability to choose a nutritious diet.
- 2) Studying nutrition is important to _____.
- A) obtain enough energy to sustain life
 - B) learn about the nutritional value of foods and effects diet can have on health
 - C) reduce dependence on animal food products
 - D) avoid pesticides and hormones in the food supply
- 3) In the United States, consumers eat more _____ than recommended.
- A) protein foods
 - B) vegetables
 - C) dairy products
 - D) fruits
- 4) Most Americans purchase less than recommended amounts of _____.
- A) fruits
 - B) sugary beverages
 - C) red meats
 - D) refined grain products

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- 5) Which of the following is NOT true about water?
- A) Water is an essential nutrient.
 - B) Water plays a role in regulation of body temperature.
 - C) Water is necessary for elimination of waste from the body.
 - D) Water is necessary for immune function.
- 6) Which of the following substances is a nutrient that does NOT supply any energy for the human body?
- A) Carbohydrate
 - B) Fat
 - C) Protein
 - D) Vitamin D
- 7) Which of the following statements is true?
- A) Nutrient-deficiency diseases develop when diets lack essential nutrients.
 - B) Skin rashes are always a symptom of vitamin deficiency diseases.
 - C) Headaches are a common sign of a mineral deficiency disease.
 - D) Most phytochemicals are classified as essential nutrients.
- 8) An essential nutrient _____.
- A) is found only in fortified foods
 - B) is found only in foods from animal sources
 - C) must be supplied by the diet
 - D) provides energy (kcal) to the diet

9) Which of the following describe a conditionally essential nutrient?

- A) A nutrient that is normally nonessential, but becomes essential under certain conditions.
- B) A nutrient that may be made in the body, but in amounts that are inadequate.
- C) A nutrient that becomes essential due to a metabolic disorder or serious disease (e.g. kidney or liver disease).
- D) All of the choices are correct.

10) Which of the following is a micronutrient?

- A) Iron
- B) Glucose
- C) Fat
- D) Protein

11) Which of the following substances is a macronutrient?

- A) Protein
- B) Vitamin C
- C) Calcium
- D) Sodium

12) Which of the following foods is naturally a rich source of phytochemicals?

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- A) Margarine
 - B) Tuna
 - C) Blueberries
 - D) Chicken

13) Which of the following foods is NOT a rich natural source of phytochemicals?

- A) Cherries
- B) Green tea
- C) Whole-grain bread
- D) Lean meat

14) A teaspoon of sugar supplies about 16 kcals, which is the same as _____ calories.

- A) 1.6
- B) 1600
- C) 16,000
- D) 160,000

15) A small apple supplies approximately 40,000 _____.

- A) calories
- B) kilocalories
- C) Calories
- D) Kilocalories

16) A serving of food contains 15 g carbohydrate, 3 g protein, 5 g fat, 5 mg vitamin C, and 100 mL water. Based on this information, a serving of this food supplies _____.